



6 - Camp Yujyo



8 - Dragons!!!

Fort McHenry on her way home from successful operations

JO3 David J. Ham
USS Fort McHenry (LSD 43) Public Affairs

USS Fort McHenry (LSD 43) will soon return to her forward - -deployed port of Sasebo, after successfully completing South East Asia Cooperation Against Terrorism (SEACAT) and the first two legs of Cooperation Afloat Readiness And Training (CARAT) 2005.



Philippine navy SEALs have weapons drawn as they search compartments on board the U.S. Navy dock landing ship USS Fort McHenry (LSD 43) during a Visit, Board, Search and Seizure (VBSS) exercise. This was the first boarding by the Philippine navy in the four - year history of SEACAT. (U.S. Navy Photo by JO3 David J. Ham).

Fort McHenry departed Sasebo May 17 to take part in the summer exercises. SEACAT 2005, a week-long scenario-driven exercise designed to support

cooperative efforts in the Philippine and South China seas, saw Fort McHenry and her crew participate in various anti-terrorism exercises such as a Visit Board Search and Seizure (VBSS) exercise with Philippine navy SEALs and members of a U.S. Coast Guard security team.

Other ships that joined Fort McHenry in the exercise included the frigate USS Rodney M. Davis (FFG 60) from Everett, Wash., the guided-missile destroyer USS Paul Hamilton (DDG 60) from Pearl Harbor, Hawaii, and the container and roll-on/roll-off ship MV PFC James Anderson Jr. (T-AK 3002) of the Pacific Maritime Pre-positioning Force.

Commander, Task Group 712, Capt. Buzz Little, had nothing but praise at the end of SEACAT.

"SEACAT was a success because of the combined efforts of all involved. Everyone worked well together," he said.

With the success of SEACAT 2005, the Fort McHenry crew got underway en route to Singapore to take part in CARAT 2005, the annual series of bi-lateral military exercises between the U.S. and the Southeast Asian nations of Singapore, Thailand, Malaysia, Brunei, Indonesia and the Philippines. Fort McHenry participated in the first two legs in Singapore and Thailand.

The purpose of the exercises was to improve military readiness in a variety of mission areas of mutual benefit. Fort McHenry's Operations Officer, Lt. Michael Vaas, said the one thing that made CARAT 2005 an operational success was the close interaction and learning experience between U.S. and Southeast Asian navies.

"We were able to have extensive interaction with both military and civilians from Singapore and Thailand," said Vaas.



Republic of Singapore navy Staff Sgt. Chiow Cheng Hai comes aboard the dock landing ship USS Fort McHenry (LSD 43) during a combined Visit, Board, Search and Seizure (VBSS) exercise. The U.S. Coast Guard's Maritime Safety and Security Team (MSST), San Francisco detachment facilitated the combined VBSS training as part of exercise Cooperation Afloat Readiness and Training (CARAT) 2005. CARAT is a regularly scheduled series of bilateral military training exercises with several Southeast Asia nations designed to enhance the interoperability of the respective sea services. (U.S. Navy Photo by JOC Melinda Larson).

Vaas also said all operational exercises were accomplished and is certain that the cross-training conducted made all involved better prepared for future humanitarian assistance and cooperative security.

"We were able to participate in a wide assortment of exercises, allowing us to train and hone our talents in several areas that we do not get to practice that often," he said.

While participating in various operational exercises, 50 Fort McHenry Sailors were able to take some time out of their busy schedules to help local residents in a variety of community

service events.

Fort McHenry's Community Service Coordinator, Chief Damage Controlman Sylvester D. Miller, says that the success of the community service events alone were second to none.

"The Fort McHenry Sailors' interactions with the children, elderly and the disabled were a great success for the wonderful Singapore and Thailand people," he said. "This also built a good working relationship with the U.S. Navy and the navies from Thailand and Singapore navies as well."

Brief Notes

USO Notes

USO Auction will be held July 23 at the Harbor View Club. Tickets available at USO Nimitz Park.

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

Tobacco Cessation

Every Tuesday in July from 2 - 3:30 p.m. in Training Room B, second floor, Public Works (Bldg. 200). Call 252-2550 to sign up.

DUI Counter:
18 days as of July 14

Guardian returns after multi-national exercise deployment

JOSN Adam R. Cole
Task Force 76 Public Affairs

USS Guardian (MCM 5) returned to Fleet Activities Sasebo (CFAS) July 8, after completing a successful three-month deployment that included three joint exercises and port visits in six countries.

During the deployment, which began April 16, the mine countermeasures ship participated in a passing exercise (PASSEX) with the Russian navy. According to Admiral Victor Federov, Russian Pacific Fleet Commander, this was the first-ever mine countermeasures exercise between the two countries. Guardian teamed up with USS Curtis Wilbur (DDG 54) and USS Patriot (MCM 7) to conduct mine countermeasure procedures in Russian waters.

Curtis Wilbur and Patriot then joined Guardian in a port visit to Vladivostok, Russia, July 3-5. Patriot, which spent two weeks at sea after making ship repairs,

also accompanied Guardian on its return to Sasebo.

Besides the Russian exercise, Guardian also participated in Cobra Gold, an annual joint and combined exercise with armed forces from Thailand. The mine countermeasures ship conducted mine warfare exercises with the Royal Thai navy in Sattahip, Thailand.

"These types of exercises are critical should there be a crisis where coalition is necessary," said Lt. Cmdr. Delbert Yordy, Guardian commanding officer. "It allows us to understand other navies' capabilities and develop an interpersonal relationship with their commanding officers."

Yordy noted that the interactions that took place during the exercises, especially with the Russian navy, would be critical to the future.

According to Yordy, the joint exercise

Please see **GUARDIAN**, Pg. 4



Mineman First Class (SW) Shaun P. Campbell, of USS Guardian (MCM 5), hugs his daughter after pulling back home to Sasebo. (U.S. Navy photo by JOSN Adam R. Cole)

Juneau Sailors get a taste of Japanese culture

Lt. j.g. Heath Alvarez
USS Juneau Public Affairs

Several USS Juneau (LPD 10) Sailors learned about the fine art of calligraphy and practiced origami at the Japanese Cultural Festival at Nagasaki Junior College July 2.

Participating in the cultural event is part of Juneau's continuous efforts to promote Japanese experiences and non-alcoholic living. Most of the participants in the cultural festival were part of Juneau's Right Spirit program, a Navy-wide program created to de-glamorize alcohol use. The ship has sponsored events in the past such as a mixer between Sailors and college students at nearby Shirahama Beach.

"Just like our Shirahama Beach Mixer, this event gives our Sailors the ability to meet people our own age without alcohol being involved," said Cryptologic Technician Technical Second Class (SW) Mark Witherspoon. "Our Japanese hosts get to show us things that they do, which are all really interesting since they are

not everyday events for most Americans. I think we created a mutual friendship today."

The event was sponsored by the college to help foster more interest in Japanese culture among non-Japanese citizens of Sasebo.

"My favorite thing was the tea ceremony," said Witherspoon, one of the Juneau Sailors who attended the event. "It's a beautiful thing to watch. It is a great privilege to see such a time-honored, ceremonious event in person, not to mention actually participate in it."

Participation was a key element of the festival as Sailors completed the cultural activities right alongside their Japanese counterparts.

About 80 Japanese students and faculty, along with 30 visitors, were treated to powerful sights, sounds and smells at the annual festival.

On top of the cultural activities, students and visitors enjoyed Somen noodles, a food event, where noodles run down a trough while people try to collect them to put in their cups to eat.

Participants also made their own sushi rolls.

Penny Rower, an English conversation

and Japanese culture.

"I think what this event does is really makes the American community feel welcome and allows them to truly experience the Japanese culture," said Rower.

Yoshinobu Muta, head of the English Department at Nagasaki Junior College, feels that the event is unique for Japanese because it allows them to use their English skills. The main goal, Muta emphasizes, is sharing.

"Our goal is to help non-Japanese people understand a culture that is foreign to them," said Muta. "Our students try to show our visitors some of our Japanese culture such as our foods like sushi, yakisoba, and somen noodles. The tea ceremony is one of the more favored events by our visitors and students alike."

Juneau is part of the Forward Deployed Amphibious Ready Group, operating out of Sasebo, and is the Navy's only forward-deployed amphibious transport dock.



USS Juneau Seaman Timothy J. Fuse practices calligraphy with Urara Miyazaki (left) and Ai Nagata (right) at the annual Japanese Cultural Festival held at Nagasaki Junior College in Sasebo. (U.S. Navy Photo by Lt. j.g. Heath E. Alvarez)

teacher at the college, said the event is a perfect way to bridge American culture

Malaysia phase of 11th annual CARAT exercise begins

JOC Melinda Larson
Commander, Destroyer Squadron 1

The third phase of the 2005 Cooperation Afloat Readiness and Training (CARAT) exercise series officially began July 9 when 200 U.S. and Malaysian Armed Forces (MAF) exercise participants gathered at a local resort for an opening ceremony that included a taste of local cuisine and Malaysian hospitality.

A three-ship U.S. CARAT task group, consisting of the amphibious assault ship USS Boxer (LHD 4), guided-missile frigate USS Rodney M. Davis (FFG 60), and rescue and salvage ship USS Safeguard (ARS 50), arrived July 8, for the 11th edition of CARAT Malaysia.

The mid-afternoon opening ceremony included remarks from Brig. Gen. Mazelan bin Kasap, who emphasized the importance of the exercise, and concluded with U.S. Sailors and Coast Guardsmen sharing a Malaysian style meal with their exercise counterparts from the Malaysian army, Royal Malaysian navy and Royal Malaysian air force.

"We cannot deny the fact that our forces will one day be required to operate together," said bin Kasap, who is commander of the 10 Paratrooper Brigade. "I am confident that the expanded scope of CARAT, coupled with equal emphasis on multi-dimensional warfare and jointness, will invariably sharpen our joint and combined skills."

During CARAT Malaysia, expertise and experience will be shared by Visit, Board, Search and Seizure (VBSS) teams during several maritime interdiction and boarding scenarios and practical exercises. The two militaries will place an emphasis on information sharing through the Combined Enterprise Regional Information Exchange System (CENTRIXS), which will be installed at Kuantan naval base, allowing

leaders ashore to maintain situational awareness and interact with afloat forces during the underway portion of the exercise.

"Important exercise events take place during this exercise that sharpen our skills in a variety of mission areas of mutual benefit, including maritime security, amphibious operations and diving and salvage," noted Capt. Buzz Little, commander, Destroyer Squadron 1, the

an at-sea air defense exercise. The RMAF will also interact with personnel from the U.S. Navy.

On land, forces from both nations will join together for medical and dental civic action projects and painting a school during a community service project. In addition, 40 senior MAF officers will take part in a three-day symposium led by U.S. Navy and U.S. Coast Guard officers discussing legal, logistics and public affairs issues.

"CARAT can act as a bridge between both armed forces, thus further improves combined capabilities and interoperability," bin Kasap said during his opening remarks.

Little agreed. "There is no substitute for what we gain from interacting with each other on a personal level. There is real professional and personal growth potential and every event is operational, community service or social."

Approximately 1,600 U.S. personnel are taking part in CARAT Malaysia.

CARAT is a regularly scheduled series of bilateral military exercises between the U.S. Navy and the armed forces of Malaysia, Singapore, Thailand, Brunei, Indonesia and the Philippines.

Rear Adm. Kevin M. Quinn, commander of Logistics Group Western Pacific, operating from Singapore, is responsible for overall CARAT coordination for U.S. participants in his executive agent role as Commander, Task Force 712.

Little's staff is based in San Diego, as is Boxer. Rodney M. Davis is home ported in Everett, Wash. Safeguard is forward-deployed to Sasebo. VP-40 is based at Whidbey Island, Wash.



USS Safeguard (ARS 50) began the third phase of the 2005 Cooperation Afloat Readiness and Training (CARAT) July 9. (Released by CFAS Public Affairs)

CARAT task group commander, following the opening ceremony.

"In addition to many standard naval drills, such as at-sea gunnery, maneuvering and communications, paratroopers from a Royal Malay Regiment will conduct an amphibious assault from Boxer and embarked landing craft air-cushions (LCACs). Divers from both navies will learn from each other during a combined salvage exercise between Sailors from Safeguard and a Malaysian diving support vessel in waters off a nearby island," said bin Kasap.

Other Royal Malaysian navy ships scheduled to participate in CARAT include a frigate, corvette and an offshore patrol vessel.

The Royal Malaysian air force (RMAF) will also play a role in the exercise during

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Japanese senior enlisted advisor observes U.S. Navy training, procedures

JO1 Teresa J. Frith
Navy Personnel Command Communications

U.S. and Japanese Sailors got the chance to compare policies and procedures last month when Master Chief Petty Officer of the Japanese Maritime Self Defense Force (MCPON) Ikuo Saga visited Navy Personnel Command, Millington, Tenn. to observe U.S. Navy detailing and promotion procedures. Saga, a 33-year navy veteran, is Japan's first MCPON.

Saga was chosen for the position in 2002, but his position wasn't officially activated until April 1, 2003. During that time, he was busy putting together and setting up the Japanese Command Master Chief (CMC) program.

"It took a year to set up the CMC program," said Saga. "We had to decide how many we would need, who would be chosen and where they would be needed."

Prior to his selection to MCPON, Saga served in several positions aboard nine Japanese ships between 1972 and 2002. He has also attended training as a fire control technician and a missile system technician, attended computer and system display maintenance training, an AN/Uyl-7 operation and maintenance course, guided missile school, AEGIS Combat System training and has taught Combat Direction Training.

Saga said that he was very impressed with the things he has seen during his visit.

"My visit has been quite interesting," said Saga. "The way the U.S. Navy handles some things is very different than Japan. For example, U.S. Navy recruits spend eight weeks in boot camp, while Japanese recruits spend four months in their initial training phase."

Before coming to Millington, Saga was guest of honor at a Great Lakes Recruit Training Center, Great Lakes, Ill. recruit graduation. He said that he likes the new "all-in-one" style barracks that feature sleeping, eating, and training areas all in the same building. He was also impressed with the endurance and abilities of Sailors running Battle Stations, the all-night exercise that all recruits must pass in order to graduate from boot camp.

Promotions are also done differently in the Japanese navy. Japanese selection boards are made up of only officers, while the U.S. Navy selection boards contain both enlisted and officers.

"Senior enlisted Sailors in the U.S. play a greater role and have more responsibility for determining who gets promoted," said Saga. "In Japan, senior enlisted Sailors can only recommend who should be promoted."



Master Chief Petty Officer of the Japanese Self Defense (MCPON), Ikuo Saga, (left) meets with Master Chief Petty Officer of the Navy Terry Scott during a visit to Navy Personnel Command, Millington, Tenn. (Released by Navy Personnel Command Communications)

Japanese enlisted Sailors eligible for promotion are advanced twice a year on January 1 and July 1. As in the U.S., petty officer candidates are required to take a test in order to be promoted. However, when they go up for chief petty officer and above, they go before a selection board, whereas U.S. Navy candidates for chief petty officer must pass a written test, as well as a board.

Another big difference is how high year tenure (HYT) is handled. While the U.S. Navy has specific guidelines based on years of service, the Japanese Navy's HYT is based on age. As long as a Japanese Sailor is promoted to third class petty officer by the time he or she is 35 years old, they are permitted to stay in the Navy until they reach 54 years of age.

While in Millington, Saga observed the chief petty officer selection board proceedings and sat with some of the enlisted detailers to see how U.S. Sailors are detailed into their jobs. Saga will take the information he has gathered back in a report to his Maritime Staff Officer, the Japanese version of the U.S. Navy Chief of Navy Operations.

"I have gotten a lot of good ideas from my visit," said Saga. "But it will take time to sort out the information and decide on any changes in Japanese Navy policies and procedures."

FFSP Relocation Assistance Program helps Sailors, families make smooth moves

Fleet and Family Support Program Marketing, Millington Det.

Relocation Assistance Program (RAP) counselors, available through the Fleet and Family Support Program (FFSP), have the answers and resources to help ensure Sailors and their families experience a successful, stress-free move to a new duty station.

"RAP's purpose is to provide transitioning servicemembers with information about their new duty stations."

-Hugh Durden
Program Analyst, Military Career Readiness Programs, CNI, Millington Det.

"RAP's purpose is to provide transitioning service members and their families with information about their new duty stations," said Hugh Durden, program analyst for Military Career Readiness Programs, Commander, Navy Installations Command (CNI), Millington Det. If a transitioning family has the right information, that can go a long way in determining whether they have a successful move or not. Studies show that the best predictor of a successful move is the accuracy of the mover's expectations."

Relocation assistance is not just for families or new Sailors who are completing their first PCS move,

according to Durden.

"Everyone can benefit from assistance, whether it's their first move or their tenth," said Durden. "While young Sailors may believe all there is to moving is throwing their belongings into a seabag and getting on a plane, they still have a significant need for information. By the same token, senior Sailors who have a few moves under their belt and think they've seen or done it all can still benefit greatly from the services that RAP provides."

Experienced FFSP counselors can help service members ask the right questions and find the answers to questions ranging from house hunting, moving expenses, local employment, schools and preparing vehicles for travel to learning about the cultural differences at the new location.

"Our counselors can help service members and their families have the best experience during a PCS move," said Durden. "Not only will they give them the information they require, but they'll also show them how to track their expenses and maximize their travel benefits and reimbursements."

"With the increased 'jointness' of bases, it's very important that pertinent relocation information pertaining to a particular area is available for everyone," said Durden. "It doesn't matter what service you belong to, you can receive help from any base worldwide."

The Navy's Relocation Assistance

Program can help you create your own personal relocation plan, designed to address issues that are relevant to your move. For more information on RAP, contact the Fleet and Family Support

Center at 252-3604. Relocation assistance is also available for all service members online through the SITES Web site at <https://www.dmdc.osd.mil/appj/sites>.

Yard of the Month (YOM) awarded for June



CFAS Command Master Chief (SS) William F. Lowmon awards Commander, Naval Forces Japan (CNFJ) Prevention Chief Gerald C. Clark and his family with the Yard of the Month award for June (Photo released by CFAS Public Affairs).

Essex completes training availability in Yokosuka

USS Essex Public Affairs

USS Essex (LHD 2) Sailors completed their annual Training Availability (TRAV) period June 13 - 27 at Commander, Fleet Activities Yokosuka (CFAY).

More than 500 Sailors received extensive training from several commands at CFAY, with a majority of the training being held at CFAY's Afloat Training Group Western Pacific (ATGWP) firefighting facility.

Essex Sailors benefited from the TRAV period, and the ship met all of its training objectives, according to Lt. Del Toney, Essex training officer.

"We have been really fortunate with our training at Yokosuka," said Toney. "TSD/ATGWP (Training Support Detachment Western Pacific/Afloat Training Group Western Pacific), CSCS (Center for Surface Systems) and the base fire department all helped us out to complete this TRAV period. We very much appreciate all the individuals who worked so hard with the Essex crew to help them become better Sailors."

The main purpose of the TRAV is to enable Sailors to attend various schools at CFAY to ensure the ship has the required qualifications and Naval Enlisted Classification codes (NEC) for future operations.

Essex Training Coordinator, Operations



USS Essex (LHD 2) recently completed its annual Training Availability (TRAV) at Commander, Fleet Activities Yokosuka (CFAY). (Released by CFAS Public Affairs)

Specialist Second Class (SW) Myron Gilmore said another benefit of TRAV is the savings associated with all the training completed during the planned availability.

"The various teams, some numbering over 30 people, from areas ranging from security to firefighting, received all their training without having to pay the cost of over 500 airline tickets to Yokosuka from Sasebo," said Gilmore.

The two-year-old ATG Western Pacific firefighting facility features state-of-the-art equipment for training in a monitored, controlled environment. The instructors provided training in all areas of firefighting, shoring, pipe patching and other vital repair locker fundamentals.

Aviation Boatswain's Mate (Handling) First Class (AW/SW) Roer Mendoza, an ATGWP instructor, said Essex Sailors

were very focused during their training.

"Essex Sailors have been the best group we have had come through here in recent memory," said Mendoza. "They will no doubt take back what we've given them here at ATGWP and make the difference if they have to be in an emergency situation."

Essex Sailors also learned proper techniques to advance on an aircraft fire.

"Coming to Yokosuka and doing the TRAV was a beneficial learning experience," said Aviation Boatswain's Mate (Handling) Second Class (AW/SW) Alberta Lilly. "It's been great for the flight deck crew. We'll take the information we've learned here and apply it if we ever have to."

Lilly added that the authentic setting, atmosphere and professionalism of ATGWP gave everyone a sense of actually being involved in a real aircraft fire.

"Although I've never been in an actual fire, this [training] feels like the real thing," said Lilly. "When we were inside fighting the fire, I thought of how real the possibility of a fire is aboard the ship. We know it's a real threat that can happen at any time. Being prepared is a critical element of our job, and we have to always be ready."

Sasebo minesweepers, Yokosuka destroyer make Naval history in Russia

EMC (SW) Noel Corneja

USS Patriot (MCM 7) Public Affairs

Three Seventh Fleet ships took part in the first-ever minesweeping countermeasures operation exercise between the U.S. and Russian navies.

USS Curtis Wilbur (DDG 54), commanded by Cmdr. John T. Lauer III, with USS Patriot (MCM 7) and USS Guardian (MCM 5) under Mine Countermeasures Division (MCD) 11 Commodore, Cmdr. Kurt E. Hedberg, participated in the bilateral training exercise between the two nations and to observe the paying out and retrieving of the large magnetic cable used to neutralize assorted types of explosive mine ordnance.

"It is a privilege for me to command a ship and to conduct such a military training exercise with Russian naval forces," said Lt. Cmdr. Richard Brawley, USS

Patriot commanding officer. "I am very grateful that we started this first operation. It opened warm friendly relations and interaction between two great and strong nations. I never thought this could happen before."

The three ships also visited Vladivostok, Russia, July 3-5 to celebrate the 145th anniversary celebration of the city, the Fourth of July, and to participate in a wreath-laying ceremony for Russian sailors who sacrificed their lives in World War II.

During the port visit, the American Sailors had the opportunity to tour a Russian naval ship while Russian sailors, government officials and children from a local children's home received tours of the U.S. ships.

USS Patriot and USS Guardian are mine countermeasures ships forward deployed to Sasebo. USS Curtis Wilbur is a guided-missile destroyer forward deployed to Yokosuka, Japan.



USS Patriot (MCM 7) (pictured above), USS Guardian (MCM 5) and USS Curtis Wilbur (DDG 54) recently completed a minesweeping countermeasures exercise between the U.S. and Russian navies. (Released by CFAS Public Affairs)

GUARDIAN, from Pg. 1

with the Russians was indeed a career milestone.

Guardian also had the opportunity to visit Thailand, South Korea, Malaysia, Hong Kong and Russia.

The crew participated in numerous community service activities, highlighted by a children's home visit in Pattya Beach, Thailand, and a painting project for the Salvation Army in Hong Kong.

Sailors aboard Guardian said the experience was quite a positive cultural mix, one in which every Sailor was able to give something to the host nation.

Russia was perhaps one of the most unique experiences during the tour as

Guardian arrived in Vladivostok at a time when the city was celebrating its 145th anniversary, one day before America would celebrate the Fourth of July.

The occasion was marked by U.S. Sailors joining Russian forces in a special wreath-laying ceremony in front of the Eternal Flame of the Pacific Fleet Combat Glory.

Operations Specialist Third Class Joshua L. Eddy was the Guardian representative in the wreath laying.

"It was an honor to be chosen and an honor to pay respect to the fallen of World War II," said Eddy. "I think we all were able to pay our respects by being there."

Mineman First Class Travis F. Meyer, greatly enjoyed the Russian experience.

According to Meyer, it was such a

welcoming environment, that a Russian family invited him and three other Guardian Sailors to join them for dinner, said Meyer.

"The whole cruise taught me a lot about the cultures of the countries on this side of the hemisphere," said Meyer, who had previously only been to Europe. "I was appreciative of how friendly the Russians were to us."

Meyer served as officer of the deck as part of an all-enlisted watch crew that brought the ship back to Sasebo.

Throughout the cruise, Yordy challenged his enlisted Sailors to become qualified for those positions.

"They are the ones who made this crew great, so it was only fitting that they were the ones to take us in," said Yordy.

According to Yordy, this was the first time he's seen such an occurrence in his 24 years in the Navy.

"When the captain checked on board he told us, 'I'm not going to give you anything; you're going to have to take,' Meyer said. "And that's what we did on this cruise."

USS Guardian (MCM 5) is a mine countermeasures ship forward deployed to Sasebo.

Guardian serves under Task Force 76, which serves as the Seventh Fleet's mine countermeasures arm in forward-deployed operations.

For more information on CTF-76, visit <<http://www.ctf76.navy.mil>>.



Powerboat Safety Classes

Ever want to check out one of the sleek powerboats at OREC and head out for a spin on the water? You can do it, but first you'll need to complete the Powerboat Safety Class offered at OREC several times each year. You're in luck, because there are several classes scheduled over the next several weeks, beginning with one on Monday, July 18. Cost for the 2-hour class (4 to 6 p.m.), is only \$25 per person. Other Monday classes scheduled for the summer include July 25, August 1, 8, 15, 22 and 29. For more information, call 252-3500.

Polynesian Extravaganza at the Harbor View

Buy your tickets now for the big Polynesian Entertainment Dinner Show at the Harbor View Club scheduled for Monday, July 18 featuring Ma'ohi Nui. Captivating Polynesian performers will dazzle you with dances of the Islands while you feast on a sumptuous all-you-can-eat buffet. The complete dinner show package is only \$15.95 for adults and \$6.95 for children 4-10. The dinner show is free for children 3 and under. Doors open at 5 p.m. For more information, call 252-3965.

Comedy Night at Galaxies

Comedians Joseph Fox and Lavantor Butler, both acclaimed throughout the U.S. for their stand-up comedy routines, are scheduled to perform at Galaxies on Tuesday evening, July 19. For more information about this free adults only show, call 252-2980.

Mt. Fuji Beckons You

The Sailing & Outdoor Adventure Center has scheduled four Mt. Fuji trips this year, so you'd better hurry and make reservations now before they sell out. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. All are weekend trips and cost \$99 per person. The trips depart on Friday at 3 p.m. and

return on Sunday at 2 p.m. The next scheduled Friday departure dates are: July 22, Aug. 12 and Aug. 26. Sign up early to guarantee a seat on the bus. For more information call 252-3500.

Kumamoto City Tour

Be sure to sign up early for the Kumomoto City Tour scheduled for Saturday, July 23. Seats are \$23 for adults, \$16 for youngsters 6 to 15 and only \$10 for youngsters 5 and under. Kumamoto Castle stands in the heart of Kumamoto City and is one of the three most celebrated castles in Japan. It took seven years to build once construction began in 1601. The historic castle is surrounded by a moat. In addition to the castle, you'll visit Suizenji Park and enjoy the beautifully landscaped Suizenji garden. You'll also visit the Kyu-Hosokawa Gyobutei, the residential mansion of the Lord Hosokawa-Gyobu Clan.

Dive, Dive, Dive

The Sailing & Outdoor Adventure Center has arranged a two-tank boat dive trip on Saturday, July 23. Cost is only \$40 per person. Don't have all the necessary SCUBA gear? Not to worry, you can rent dive gear from the Sailing and Outdoor Adventure Center at extremely reasonable rates. For more information, call 252-3500.

Mt. Atago Hike

The staff at your Sailing and Outdoor Adventure Center has scheduled a hike up Mt. Atago on Friday, July 29. The group of hikers will depart Main Base at 4:30 p.m. and return at approximately 6:30. Cost is only \$5 per person. For more information, call 252-3500.

Free Shirahama Beach Shuttle Bus

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through Aug. 28, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., Noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Betcha Didn't Know about...The Sasebo kappa legend

Phil Eakins

Base Historian

Did you know that Sasebo has its own legend about *kappa*?

I've written about the mischievous Japanese water sprite in a previous article, but let's pause briefly to review what a *kappa* typically looks like for the benefit of our new readers.

According to folklore, *kappas* are generally the size of a small child, with round eyes and a monkey-like face; some images of *kappa* feature a beak instead of a mouth. Their skin is greenish-yellow and they have webbed fingers and toes. Another trait is the hard round shell similar to turtles on their back. The top of their head features a bowl-shaped dent surrounded by a shaggy mat of hair. This indentation is filled with river water; if the water spills out, the *kappa* becomes helpless.

Many years ago, local children were told a story about one *kappa*'s promise carved on a mysterious rock. Mr. Gitaro, who was a palanquin carrier for the Hirado feudal lord, related the story involving his friend, Bunzaimon Yoshida.

One day while walking along the Ainoura River, Mr. Yoshida noticed what appeared to be a gold sake cup lying in the river's shallow water. "This is very peculiar sight indeed," he thought to himself. Sensing something was not quite right, Mr. Yoshida quickly drew his sword and cut the mysterious object in half. Suddenly, the gold cup vanished and a *kappa* arm appeared in its place. "Aha! This must surely be a *kappa* trick," Mr. Yoshida declared as he picked up the arm and carried it back home.

Later that evening, a one-armed *kappa* visited Mr. Yoshida's house. "Please give me back my arm," the *kappa* pleaded, but Mr. Yoshida ignored his request. Every night thereafter, the *kappa* would visit and beg for the return of his arm while Mr. Yoshida politely refused.

Eventually, Mr. Yoshida began to feel sorry for the *kappa*. "I will return your arm under one condition," stated Mr. Yoshida. "You must promise to never again play tricks on the people who live in this area." When the *kappa* agreed, Mr. Yoshida gave the arm back to it.

The *kappa* was overjoyed. He carved his promise on a large rock that was located in Setogoshi cho next to the Ainoura River. Bound by his promise to Mr. Yoshida, the *kappa* ceased to play tricks on the local citizens. Curiously, though, the characters carved on the rock by the *kappa* began to grow larger and deepen over time.

"Silly old *kappa*," the townspeople laughed. "He's trying to cancel his promise by attempting to scratch off the characters, but it won't work."

This mysterious rock was eventually removed when the nearby road was widened. According to one local historian, a shrine to Buddhist teacher Kobo sits near the same spot today.

Schedule for July 15 - 24

SHOWBOAT
Telephone: 252-3822

FRIDAY, JULY 15

6:30 p.m. (PG-13) • Star Wars: Episode 3
9:30 p.m. (PG-13) • *War of the Worlds

*Premiere

SATURDAY, JULY 16

6:30 p.m. (PG-13) • War of the Worlds
9:30 p.m. (R) • *Mindhunters

*Premiere

SUNDAY, JULY 17

6:30 p.m. (PG-13) • Batman Begins
9:30 p.m. (PG-13) • War of the Worlds

MONDAY, JULY 18

6:30 p.m. (PG-13) • Monster-In-Law

TUESDAY, JULY 19

6:30 p.m. (PG-13) • Mr. & Mrs. Smith

WEDNESDAY, JULY 20

6:30 p.m. (R) • Unleashed

THURSDAY, JULY 21

6:30 p.m. (R) • Kingdom of Heaven

FRIDAY, JULY 22

6:30 p.m. (PG) • Madagascar
9:30 p.m. (PG-13) • *Fantastic Four

*Premiere

SATURDAY, JULY 23

6:30 p.m. (PG-13) • Longest Yard
9:30 p.m. (PG-13) • Fantastic Four

SUNDAY, JULY 24

6:30 p.m. (PG-13) • Fantastic Four
9:30 p.m. (R) • Unleashed

MWR THEATERS

WAR OF THE WORLDS (PG-13)
Starring: Tom Cruise, Miranda Otto, Dakota Fanning, Justin Chavwin and Tim Robbins
Ray Ferrier is a working class man living in New Jersey. He's estranged from his family, his life isn't in order, and he's too caught up with himself. But the unthinkable and, ultimately, the unexpected happens to him in an extraordinary sense. His small town life is shaken violently by the arrival of destructive intruders: Aliens that have come en masse to destroy Earth. As they plow through the country in a wave of mass destruction and violence, Ray must come to the defense of his children. As the world must fend for itself by a new and very advanced enemy not of this world, it's inhabitants must save humanity from a far greater force that threatens to destroy it.

FANTASTIC FOUR (PG-13)
Starring: Ioan Gruffudd, Jessica Alba, Michael Chiklis, Chris Evans and Julian McMahon
Marvel's first family of comic superheroes takes the world by storm as the longest running comic book series in history comes to the big screen. Reed Richards/ Mr. Fantastic, who can elongate his body; Susan Storm/Invisible Woman, who not only can become invisible at will but can render other objects invisible; Johnny Storm/Human Torch, who can shoot fire from his finger tips and bend flame; and Ben Grimm/The Thing, a hideously misshapen monster with superhuman strength, together battle the evil Doctor Doom.

MR. & MRS. SMITH (PG-13)
Starring: Angelina Jolie, Brad Pitt, Adam Brody, Vince Vaughn and Angela Bassett
A married couple is getting bored with their quiet domestic life. What they don't know, however, is that they're both assassins, secretly hopping the world and killing for hire. But their separate lives are about to collide when each finds out that their next target is their own spouse.

KICKING AND SCREAMING (PG)
Starring: Will Ferrell, Robert Downey, Kate Walsh, Mike Ditka and Musetta Vander
Phil Weston is an average Joe who's had to put up all his life with his overly competitive father, Buck. When Phil decides to coach his 10-year-old son's soccer team, he goes head-to-head for the league championship against Buck, who coaches his own young son on the greatest team of the league. Old scores come into play as Phil and Buck find themselves going to extreme measures to win the championship trophy.

FEATURED PREMIERE

Mindhunters
(R)

On a remote island, the FBI has a training program for their psychological profiling division, called "Mindhunters", used to track down serial killers. The training goes horribly wrong, however, when a group of seven young agents discover that one of them is a serial killer, and is setting about slaying the others. Can the few that are left figure out who the killer is in time?

Starring:
Val Kilmer,
LL Cool J,
Christian Slater,
Eion Bailey &
Kathryn Morris

HARIO VILLAGE
Telephone: 252-8753

FRIDAY, JULY 15

6:30 p.m. (PG) • Kicking and Screaming
9 p.m. (R) • Crash

SATURDAY, JULY 16

2 p.m. (PG) • Kicking and Screaming
6:30 p.m. (PG-13) • Mr. & Mrs. Smith
9 p.m. (R) • Crash

SUNDAY, JULY 17

2 p.m. (PG-13) • Star Wars: Episode 3
6:30 p.m. (R) • Unleashed

THURSDAY, JULY 21

6:30 p.m. (R) • House of Wax

FRIDAY, JULY 22

6:30 p.m. (PG-13) • War of the Worlds
9:30 p.m. (R) • Mindhunters

SATURDAY, JULY 23

2 p.m. (PG) • Madagascar
6:30 p.m. (PG-13) • War of the Worlds
9:30 p.m. (R) • Mindhunters

SUNDAY, JULY 24

2 p.m. (PG-13) • Longest Yard
6:30 p.m. (PG-13) • Mr. & Mrs. Smith

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- Admission is based upon seating availability.
- Any card that has been tampered with, altered or is deemed illegible will not be accepted.
- This card has no expiration date.
- No outside food or beverages allowed.
- Cine-Pass is for use at the Showboat & Village Theater.

CFAS Security’s K-9 demonstration wows Camp Yujyo children

JOSN Jeff Johnstone
CFAS Public Affairs

Camp Yujyo children got a first-hand look at what Fleet Activities Sasebo (CFAS) Security’s working dogs can do during a demonstration Thursday, July 7 at Nimitz Park.

The demonstration showed the effectiveness and efficiency of each dog, at the same time entertaining the Yujyo children.

Prior to the demonstration, CFAS Security’s kennel master, Master-at-Arms First Class Richard Rodriguez provided the children with some background information about the dogs and their jobs, and how they perform them. The children were then shown, and to their delight, permitted to get in a Humvee.

Rodriguez and Master-at-Arms Second Class Sacha Martinez, a dog handler, showed the group basic equipment vital to dog handling, including different leashes, muzzles, brushes and even toy rubber balls.

Rodriguez sparked laughter from the children when he referred to the toys as the dog’s “paychecks” for doing a good job. The group was also shown protective gear worn by the handlers while training the dogs. The children took turns trying on arm padding as well as pullover gear, or ‘bite jackets,’ that are used to protect the upper body.

According to Rodriguez, the purpose of the demonstration is to showcase how well the dogs respond to their handlers, and how important that is when performing their jobs.

“We’re going to show them basic dog obedience, like ‘sit’ and ‘stay’ and how it’s important to law enforcement, as well as how dogs and their handlers pursue a suspect,” said Rodriguez.

The group got their first look at the K-9’s when Master-at-Arms Second



Bjossi Siewert peeks out from atop a Humvee. Camp Yujyo children were given the opportunity to climb inside the vehicle during Fleet Activities Sasebo’s (CFAS) Security’s K-9 demonstration. (U.S. Navy Photo by JOSN Jeff Johnstone)

Class John Caral introduced them to Baro, a dog fairly new to the K-9 unit.

The group witnessed Baro respond to a series of obedience commands, seeing just how intelligent these dogs actually are.

Next up was Martinez’s dog Goof, a bit more seasoned at crime fighting, who wowed the children with an ability to respond to commands. The “crawl” command garnered quite a reaction from



Master-at-Arms Second Class John Caral (foreground) and Master-at-Arms First Class (SW) Richard Rodriguez, introduce Camp Yujyo children to Baro, one of two working dogs participating in a demonstration for the camp Thursday, July 7 at Nimitz Park. (U.S. Navy Photo by JOSN Jeff Johnstone)

the group after witnessing the dog crawl to his master on his midsection. Goof also demonstrated a great ability to cease attack when called upon.

The Camp Yujyo kids enjoyed the canine crime-fighters’ demonstration.

“This was awesome. We really had a great time,” said Jackie Brazier, Camp Yujyo counselor. “It was very hands-on. The children could really get into it and participate,” said Brazier.

Sailors give donating blood a ‘shot’...



Spc. John Reed, a member of the Armed Services Blood Program, draws blood from Seaman Roland Durbin during a blood drive held at the Community & Education Center aboard Fleet Activities Sasebo (CFAS). The U.S. Pacific Command Armed Services Blood Bank Center expected to collect approximately 50 pints of blood, which will be used to help all military personnel within the Pacific Theatre.(U.S. Navy Photo by PH3(AW) Yesenia Rosas)

Parenting and Child Care

www.navyonesource.com

Effective parenting and quality child care are important issues for young families in today’s Navy. The military way of life presents both advantages and unique challenges; however, there are many programs in place to help parents give their children the best start possible to a healthy and productive life.

On Navy installations, the Fleet and Family Support Center provides parenting information and support, while the Child Development program will work with you on meeting your child care needs in a safe and secure environment. Be sure to check out the parenting information from the DoD Healthy Parenting Initiative, found on the Military HOMEFONT website www.militaryhomefront.dod.mil (click on Troops and Families, then Parenting).

Additionally, Navy OneSource supports families no matter what time of day or where folks are located. Available by phone and online, Navy OneSource is ready to assist with information and resources on issues surrounding parenting and child care.

This month Navy OneSource is featuring the booklet, *Questions Parents of Toddlers Ask*. Receive a free copy of this booklet by calling a consultant or ordering online on the Navy OneSource website.

These resources are just a sampling of the many life articles and booklets available through Navy OneSource. In partnership with Fleet and Family Support Centers, Navy OneSource provides beneficial resources and information to help you meet the challenges and enjoy the opportunities of military life.

For more information on everyday life issues, call and talk with one of our Master’s degree-level consultants.

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Online: www.navyonesource.com
 User ID: Navy Password: Sailor



7

Sasebo

SOUNDINGS

CLASSIFIEDS

VEHICLES

(Exp. July 30) **1991 Nissan Gloria GT Turbo**. JCI - May '07. Very clean, power everything, car computer w/ GPS and T.V., climate control a/c. \$3500 (OBO). Call Dave at 252-2193 or 08056088824

(Exp. July 30) **1996 Ford Telstar II**. JCI - July '07. Great family car, all power, loaded, great a/c. Outstanding condition, always maintained. \$2,800 (OBO) Call Mike at 252-3701 Day or 252-8128 Evenings

(Exp. July 30) **1991 Toyota Lite Ace Van**. JCI - June '07. Great family vehicle, good condition. \$2,200 (OBO) Call 252-3760 (day) or 252-8571 (evenings).

(Exp. July 23) **1994 Nissan March**. JCI - May '07. Great car. New speakers and CD player available July 31. \$2,000. Email <stephen@essex.navy.mil> or call 090-3604-9096 after July 15.

(Exp. July 23) **1996 Mitsubishi Galant**. JCI - May '06. Power everything. Great A/C, stereo, CD, Casette. Great car for single or family. \$3,000 or best offer. Call 080-5216-1242 or 090-7535-9117.

(Exp. July 23) **2003 Suzuki Lets**. Only 283 kilometers on odometer. \$750. Call 0956-34-4124 or 0907-446-1968 (cell).

(Exp. July 16) **1995 Nissan Pulsar**. JCI - June '06. Great A/C, stereo/CD. \$1000 (OBO). Call 28-7322 or 080-3172-3429.

(Exp. July 16) **1996 Honda wagon**. JCI - '06. Runs great, roomy. \$1,500. Call 252-2557.

(Exp. July 16) **1992 Toyota Emina**. JCI - Dec. '06. Seats eight, asking \$3500 (OBO). Call 252-8581.

(Exp. July 16) **1994 Nissan March**. JCI - '07. \$2,200 (OBO). Call 252-7416.

MISCELLANEOUS

(Exp. July 30) One year old white microwave oven for sale \$40 and white microwave cart with butcher block top \$15. Both are in great condition. If interested, call 252-8336

(Exp. July 30) 2 Winged back chairs and matching couch, off white & light green with dark wood legs for \$250 OBO. Also Dinning Room table and matching hutch, dark green/ dark brown for \$150 OBO. Please call 252-8663 if interested.

(Exp. July 17) Yard sale on Sunday, July 17 from 10 a.m. - 3 p.m. at Hario in Bara Tower multi-purpose room. Selling furniture, toys, household items and clothing for the family!

(Exp. July 16) Free hamsters. If interested please call 252-7404.

(Exp. July 16) PCSing, giving away female cat. 12 months old, has up-to-date vaccinations from on-base vet. Declawed, spayed, has microchip. 090-5477-1643.

(Exp. July 16) Phone rights for sale, \$150. Call 252-8386 or 090-9487-6699.

(Exp. July 16) Turtle, free to good home. Small turtle with glass cage, rocks, sunning stones and food. Leaving for summer - must find new home quickly. Call 090-1924-3616 or 090-3882-8616 after 3 p.m., or e-mail <secondwind53@hotmail.com>.

(Exp. July 16) Cannon 35mm AE-1 Program camera, (2) 50mm lenses, (1) 75-200mm lens, (1) auto/manual flash, filters, travel hard case and soft camera case with strap. Asking \$200. Call 252-3152 or 080-5281-0944, ask for David.

(Exp. July 16) Blue race car twin bed, \$75, 14-foot trampoline \$75. Carpet, dark maroon with specks of blue, only had for six months, fits living room in four-bedroom townhouse. Paid \$400, will sell for \$200. Call 252-8581.

(Exp. July 16) Phone rights for sale, \$250. Call 252-7416.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

Part-time daycare services needed for active duty single parent of 6 yr. old boy. Reliable person needed for 24 hour duties and occassinal TAD's. Will discuss payment. Please contact Brenda Gonzales at 09017670359 or 252-2587

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext.7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

English teacher, holding Bachelor's degree in Communications is offering classes now. Experienced in preparing college students for TOEIC examinations. Also inviting Japanese toddlers to join playgroups on Sundays. Call 252-8555 for more information.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio, 252-7158 or 090-4515-7655. Check us out at pacificpixels.com. Taking care of all your portrait needs... "Where the focus is you...your style, your way." 252-7158 or 090 4515 7655.

Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m.

Saturday: 10 a.m. - 1 p.m.
Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

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Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

The Pampered Chef celebrates Fathers Day! Get 60 percent off ENTIRE barbeque tool set when you host a June Kitchen/Catalog show. A great Father's Day gift! Receive a 10 percent discount card for one year and free products! Call Pampered Chef consultant Florence Franks anytime at 080-5201-7164 or 252-7302, or reach me by e-mail at <geneflo3@hotmail.com>.

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Soundings, e-mail us at

<soundings@cfas.navy.mil>, or call 252-3485/3409.

WHAT'S HAPPENING?

Travel & Tours/USO Lounge Make a Move

The MWR Travel & Tours Office and the Main Base USO Lounge have moved to temporary quarters near the NEX Barber/Beauty Shop complex. The Travel & Tours Office and USO Lounge will remain at the new location throughout the summer months while renovation work is underway at the Fleet Landing site. Telephone numbers and hours of operation will remain the same for both facilities. For more information, call 252-3433.

Fit 4 Fuji

May 1-July 31

Prepare to climb Mt Fuji, this summer...get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. For more information call 252-3500.

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Birth Announcements

A service of your FFSC New Parent Support and **Sasebo Soundings**

Rachel Sakurako Segar

Born on Nov. 10, 2004 in Dr. Higashijima's Ladies Clinic to Mother, Satoko Shimoji Segar, and Father, ET2 Anthony Allah Segar of USS Essex (LHD-2). Rachel has a big brother, Colin Hura, helping care for her at home.

Chase Joshua Jackson

Born at 3:02 p.m. on June 8 in Dr. Higashijima's Ladies Clinic to MA2 Kiesha Jackson of CFAS Religious Ministries Department. Chase weighed 6 pounds 9 ounces at birth. His sister, Candiss, and brother, Byrrh, are big helps in assisting mom in taking care of the baby.

Patrick Taro Tran

Born at 10:10 p.m. on July 6 in Dr.

Higashijima's Ladies Clinic to Mother, Ninh Hue Huynh and Father, CE2 Din Van Tran of BCO Sasebo. Patrick weighed seven pounds four ounces at birth. The Trans are very excited and proud of their first child.

Josiah Timothy Verbrugge

Born at 8:17 p.m. on April 25 in Dr. Higashijima's Ladies Clinic to Mother, Heidi Verbrugge and Father, Lt. Joel Verbrugge of USS Essex (LHD-2). Josiah weighed nine pounds at birth. He is the first born in the growing Verbrugge family.

Congratulations to these proud parents and welcome to these wonderful new additions to our Sasebo Navy family.

See LaDonna Kolman, FFSC New Parent Support Nurse, to have your baby's birth announced in Sasebo Soundings.



Fleet Gym 252-3588

Hario Gym 252-8691

Game of the week: Dragons dissect Hitmen, 49-9

JOSN Jeff Johnstone
CFAS Public Affairs

If you're nostalgic for late 1980's – mid 1990's Super Bowl drubbings, then this was the game for you. The ACU - 5 Dragons set a forest fire Tuesday, July 12 at Nimitz Park, using their Hitmen opponents as kindling. The game started with a bang for the Dragons, as quarterback Steve Alt heaved an early touchdown pass



Dragons quarterback Steve Alt attempts to outrun Hitmen pursuer Caleb Poynter. Alt led the ACU-5 Dragons to a 49 - 9 rampage over the Hitmen Tuesday, July 12 at Nimitz Park. (U.S. Navy Photo by JOSN Jeff Johnstone)

within the first two plays to get on the board early, 6 – 0. An illegal forward pass thwarted the two point conversion, though that would hardly dampen the

Dragons' fire. On the Hitmen's next possession, the Dragon's Dave Bell intercepted a pass and took it to the house for a 12 – 0 lead. The conversion failed, though it mattered little. The good news for the Hitmen was they got the ball back after the score. The bad news was yet another interception. The Dragons would be thwarted on their second possession however, as the Hitmen's defense came through in the clutch.

Following a failed attempt at a first down on fourth down, the Dragons took over in scoring range. A dart from Steve Alt to Abel Barraza put the Dragons up by three scores.

Not to anyone's surprise, the Hitmen would turn the ball over a fourth time with another interception, giving the Hitmen more turnovers than a watchbill.

The Dragons finally made a mistake as Alt was intercepted on the ensuing drive, though the Hitmen failed to cash in, going four and out.

On the Hitmen's next possession, quarterback Samuel Moore was intercepted, and the result was yet another touchdown for the Dragons. Getting greedy, the Dragons attempted a three-point conversion, and failed.

Just before the two minute warning, Hitmen wide receiver Jay Hanson put some ammunition in the Hitmen's offense with a deep reception to the Dragon's 20 yard line. The drive would stall, with 45 seconds in the first half, returning the ball to the Dragons.

Less than a minute was more than enough time for the Dragons to breathe fire again, as Alt connected with Dee Chatman to give them a 33 – 0 lead before the half. The Hitmen would save face on the two point conversion when Jay Hanson deflected Alt's pass, caught it, and scampered up field for a score. The

Hitmen got on the board, cutting the deficit to 33 – 3. The Hitmen opened up the second half with an offensive flourish, completing two straight passes. Compared to their first half play, two straight completions resembled an offensive juggernaut. Not surprisingly, the drive would stall again, and the Dragons regained possession.

Another touchdown from the Dragons turned this game into a total rout, as the Dragons would take a 41-3 lead following a successful two point conversion.

Late in the final half, the Dragons appeared to make another interception, but the play was called back due to a roughing the passer penalty. The Hitmen refused to stay off the score board, as Samuel Moore connected with Jay Hanson on a long bomb. After a failed two point



The Hitmen's Jay Hanson turns upfield toward daylight during first half action. Hanson led the Hitmen in receptions, and accounted for both of the Hitmen's scores. (U.S. Navy Photo by JOSN Jeff Johnstone)

conversion attempt, the final whistle blew, and this disaster was finally over for the Hitmen. The Dragons took the game, 49 – 9.

Fitness Tip: Eating and calories

Alec Culpepper
Fitness and Aquatics Director

To boost metabolism by way of the foods you eat, think protein, calcium, fiber, and spices. Be protein active. Protein generally takes longer to digest, meaning you are burning more calories while your body is breaking it down. Try to eat some protein at every meal and at snack time, and you will crank up your thermic metabolism by as much as one-third during the day.

Drink your milk. Studies have shown that calcium boosts basal metabolism, and it can aid in fat burning by making your body prefer fat as fuel. Get your fiber. Just like protein, high-fiber foods increase the thermic effect because they take longer to digest, which means you burn more calories in the process. Healthy, high-fiber foods to eat throughout the day include beans, fresh fruits and vegetables and whole-grain breads.

Spice it up. Spicy foods do more than make you sweat. Research has shown that capsaicin, the spicy ingredient in hot peppers, can temporarily speed up your metabolism. Go green. Unlike black tea and other teas, green tea contains a phytochemical called ECGC that

researchers say can boost your basal metabolism. Green tea also contains less caffeine than coffee, so you're less likely to get jittery. Can't stomach the taste? Add milk and a little sugar or a little honey to taste. Watch the alcohol. Alcohol dehydrates you, which slows down your thermic metabolism. It can also keep fat from metabolizing, which can lower your basal metabolism. Eat early and often. Skipping breakfast further decreases your thermic metabolism. It also tends to slow your activity metabolism because you have less energy. Stay fluid. Dehydration can slow your thermic metabolism and also cause fatigue. Try for at least 8 to 10 glasses of water a day.



Sailors pump iron to stay in top form, keep in shape...



USS Essex (LHD 2) Sailor, Machinist's Mate Third Class Adrian Bacdad, takes time out of his daily schedule to work out with free weights at the Fleet Gym. Strength training is integral to being in top form. (U.S. Navy Photo by PH3(AW) Yesenia Rosas)